Florida Conference on Aging 2018
Marriott Waterside, Tampa, FL • August 13–15, 2018
50 YEARS AGO
he wanted to
change the world...

In 2018
he’s changing
everything you
know about seniors.

For more information, visit www.Seniors.Love/FCOA
### SUNDAY, AUGUST 12

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<thead>
<tr>
<th>Time</th>
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<tbody>
<tr>
<td>4:00 PM</td>
<td>Registration Desk Open</td>
<td>Conference Registration Desk</td>
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<tr>
<td>2:00 PM</td>
<td>FASP Board Meeting</td>
<td>Meeting Room 10</td>
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<tr>
<td>4:00 PM</td>
<td>FCOA Board Meeting</td>
<td>Meeting Room 12</td>
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### MONDAY, AUGUST 13

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<thead>
<tr>
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<tbody>
<tr>
<td>8:00 AM</td>
<td>Registration Desk Open</td>
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<tr>
<td>8:30 AM</td>
<td>Leadership Skills for Today’s Demanding Workplace</td>
<td>Florida Salons I-III</td>
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<tr>
<td>10:30 AM</td>
<td>Exhibit Hall Setup</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>11:00 AM</td>
<td>Vaccination Station</td>
<td>Greco Boardroom</td>
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<tr>
<td>11:00 AM</td>
<td>Professional Headshots</td>
<td>Grand Salon Lobby</td>
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<tr>
<td>12:00 PM</td>
<td>Hospitality Hot Spot</td>
<td>Grand Salon Lobby</td>
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<tr>
<td>1:00 PM</td>
<td>Opening Session &amp; Concession Lunch</td>
<td>Florida Salons IV-VI</td>
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<tr>
<td>2:45 PM</td>
<td>Concurrent Workshops</td>
<td>Meeting Room 8</td>
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<tr>
<td>3:45 PM</td>
<td>Compliance &amp; Technology Today: HIPAA, EVV, EHR, Audit Proofing &amp; Analytics</td>
<td>Grand Salon G</td>
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<tr>
<td>4:00 PM</td>
<td>A Bold Goal to Address Social Determinants and Improve Health in an Aging Population</td>
<td>Grand Salon H</td>
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<tr>
<td>11:00 AM</td>
<td>Respite Care: A Critical Imprint on Family Caregiving</td>
<td>Grand Salon J</td>
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<tr>
<td>12:00 PM</td>
<td>Effectively Communicating with Your Legislators</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>1:00 PM</td>
<td>Laugh Your Way to a Better Brain</td>
<td>Meeting Room 8</td>
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<td>2:00 PM</td>
<td>PACE – A Model of Integrated and Patient-Centered Care for Seniors</td>
<td>Meeting Room 9</td>
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<tr>
<td>2:30 PM</td>
<td>Designing Effective Environments for Persons with Alzheimer's</td>
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<td>3:00 PM</td>
<td>Special Needs and Aging</td>
<td>Meeting Room 11</td>
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<tr>
<td>4:00 PM</td>
<td>How to Innovate Care Planning for Success</td>
<td>Meeting Room 12</td>
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<tr>
<td>4:00 PM</td>
<td>Concurrent Workshops</td>
<td>Meeting Room 8</td>
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<tr>
<td>5:00 PM</td>
<td>LGBT Caregiving: What’s The Difference?</td>
<td>Grand Salon G</td>
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<tr>
<td>6:00 PM</td>
<td>The Four Dimensions of Chronic Pain and Addiction in Aging Adults</td>
<td>Grand Salon H</td>
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<tr>
<td>7:00 PM</td>
<td>I’ll Think About it Tomorrow: Facing Avoidance of End of Life Conversations</td>
<td>Grand Salon I</td>
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<tr>
<td>8:00 PM</td>
<td>America's Health Rankings</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>8:30 PM</td>
<td>Assistive Technology to Promote Independence for Seniors</td>
<td>Meeting Room 8</td>
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<tr>
<td>9:00 PM</td>
<td>Foundational Concepts and Pilot Study Results of Dance for Parkinson's</td>
<td>Meeting Room 9</td>
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<tr>
<td>10:00 PM</td>
<td>An Early Memory Loss Solution for Your Community</td>
<td>Meeting Room 10</td>
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<tr>
<td>11:00 PM</td>
<td>How to Create Attractive Programs for Today's Older Adults</td>
<td>Meeting Room 11</td>
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<tr>
<td>10:15 AM</td>
<td>Florida Pioneer Network Best Practices Showcase</td>
<td>Meeting Room 12</td>
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<tr>
<td>5:00 PM</td>
<td>Opening Reception w/ Exhibitors</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>7:00 PM</td>
<td>Networking Reception</td>
<td>Florida Salons I-III</td>
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### TUESDAY, AUGUST 14

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<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>7:00 AM</td>
<td>Registration Desk Open</td>
<td>Conference Registration Desk</td>
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<tr>
<td>7:30 AM</td>
<td>Continental Breakfast</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>7:30 AM</td>
<td>Professional Headshots</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>8:30 AM</td>
<td>Hospitality Hot Spot</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>8:30 AM</td>
<td>General Session</td>
<td>Florida Salons IV-VI</td>
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<tr>
<td>10:15 AM</td>
<td>Refreshment Break/Exhibit Hall</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>11:00 AM</td>
<td>Vaccination Station</td>
<td>Greco Boardroom</td>
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<tr>
<td>11:00 AM</td>
<td>Concurrent Workshops</td>
<td>Meeting Room 8</td>
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<tr>
<td>11:00 AM</td>
<td>Florida Guardianships: Everything You've Ever Wanted To Know</td>
<td>Grand Salon G</td>
</tr>
<tr>
<td>12:00 PM</td>
<td>What Have Our Communities Been Doing to Advance</td>
<td>Grand Salon H</td>
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<tr>
<td>1:00 PM</td>
<td>Age-Friendly Florida and How You Can Join the Movement!</td>
<td>Grand Salon I</td>
</tr>
<tr>
<td>2:00 PM</td>
<td>YMCA Evidenced Based Wellness Programs for Seniors</td>
<td>Grand Salons A-F &amp; Salon Lobby</td>
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<tr>
<td>3:00 PM</td>
<td>The Latest Science in Managing Stress</td>
<td>Meeting Room 8</td>
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2018 Florida Conference on Aging

Hospital Readmission Rates ................................................................. Meeting Room 9
Songbird – A Music Partnership .......................................................... Meeting Room 10
UPSLIDE – A New Program to Address Loneliness and Social Isolation ......................................................... Meeting Room 11
Caseworkers Are Key to a Doctor's Success! .................................................. Meeting Room 12
Inside Washington ........................................................................ Florida Salons I-III

12:00 PM – 1:15 PM QSLA Luncheon ......................................................... Florida Salons IV-VI

1:30 PM – 2:30 PM Concurrent Workshops
Braving Senior Bullies. The Importance of a Code of Conduct .................................................. Grand Salon G
Navigating the Medicaid Maze: An Introduction to Benefits .................................................. Grand Salon H
The Challenge of Retirement: How to Ensure You Don’t Outlive Your Money .................................. Grand Salon I
Hurricane Irma: What Florida Long Term Providers Have Learned .............................................. Grand Salon J
Health, Medicare, and Poverty in Old Age ........................................................................ Meeting Room 8
Attracting and Retaining a High Performing Workforce .................................................................. Meeting Room 9
Overcoming Social Isolation in Affordable Housing ........................................................................ Meeting Room 10
New Facility? New Innovations ........................................................................ Meeting Room 11
Anyone Can Have a Crisis; Welcome to Our Solution! ....................................................................... Meeting Room 12
FSU Claude Pepper’s Aging Center’s Projects’ Review ..................................................................... Florida Salons I-III

2:30 PM – 3:30 PM Exhibit Hall Closing Reception ............................................... Grand Salons A-F & Salon Lobby

3:30 PM – 4:30 PM Concurrent Workshops
Empowering Better Senior Care Through Artificial Intelligence .................................................. Grand Salon G
Mandated Elder Abuse Reporting and Community Awareness Projects ........................................ Grand Salon H
Delicious Nutrition: The Power of Sensory Analysis ........................................................................... Grand Salon I
The Aging Mastery Program: Sustainability and Next Steps .................................................. Grand Salon J
The Science and Current Research of Alzheimer’s Disease .................................................. Meeting Room 10
Partnerships Expand Program Possibilities ................................................................................ Meeting Room 11
Re-framing Aging Through Joint Advocacy Toward Bold Policy Solutions .............................................. Florida Salons I-III
Cannabis 101 .................................................................................. Meeting Room 8

4:45 PM – 5:45 PM Advocacy Roundtable ................................................ Florida Salons I-III
4:45 PM – 6:30 PM Networking Meetings
Florida Association of Senior Centers (FASC) ........................................................................ Meeting Room 12

WEDNESDAY, AUGUST 15

7:30 AM – 11:00 AM Registration Desk Open .................................................. Conference Registration Desk
8:00 AM – 8:30 AM Refreshment Break & Banana Break
8:30 AM – 9:30 AM Concurrent Workshops
Opioid Epidemic: Seniors and Community Impact ........................................................................... Grand Salon G
Why All The Talk About Caregiving?! ................................................................................ Grand Salon H
Florida Policy Exchange Center on Aging Research Updates .................................................. Grand Salon I
What Happened? The 2018 Florida Legislature in Perspective .................................................. Grand Salon J
How to Successfully Serve a Diverse Population ........................................................................ Meeting Room 9
And They Will Come! Benefits of Fitness & Activity for Adult Day Care .................................................. Meeting Room 10
Senior Programming that is FUN and FUNctional ........................................................................ Meeting Room 11
Food Safety for Seniors ................................................................................................................ Meeting Room 12

9:30 AM – 10:00 AM Break
10:00 AM – 12:30 PM Closing Session and Brunch ................................................................. Florida Salons IV-VI

Thank you for attending the 2018 Florida Conference on Aging.

Please visit http://tinyurl.com/FCOA-Eval-2018 to complete your conference evaluation.

Have a Safe Trip Home!
**Hospitality Hot Spot!**

Grand Salon Lobby

United Healthcare invites attendees to take a break, grab a snack and charge up your electronic devices!

**Hours:**

Monday, August 13th 12:00 PM – 5:00 PM
Tuesday, August 14th 8:30 AM – 2:30 PM

Sponsored by: UnitedHealthcare Community Plan

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**Vaccination Station**

Greco Boardroom, 3rd Floor

**Hours:**

Monday, August 13th from 11:00 AM – 4:00 PM
Tuesday, August 14th from 11:00 AM – 4:00 PM

Please bring your insurance card. If a co-pay is required, Walgreens can accept a check or credit card as payment.

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**Exhibit Hall Schedule**

**Monday, August 13th**

10:30 AM – 4:00 PM Booth Set-Up
5:00 PM – 7:00 PM Opening Reception

**Tuesday, August 14th**

7:30 AM – 8:30 AM Continental Breakfast
10:15 AM – 11:00 AM Refreshment Break
2:30 PM – 3:30 PM Closing Reception
3:45 PM Tear-Down

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**Registration Desk Hours**

Sunday.............................. 4:00 PM – 6:00 PM
Monday.............................. 8:00 AM – 6:00 PM
Tuesday............................. 7:00 AM – 5:00 PM
Wednesday........................ 7:30 AM – 11:00 AM

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**SilverSneakers**

SilverSneakers is a free fitness program for seniors that’s helping millions of people on Medicare defy the odds, shatter stereotypes and answer every challenge with, “I can do this!” SilverSneakers includes unlimited access to every participating gym and fitness center in the network. That’s a gym membership at more than 14,000 locations with unrestricted access to EVERY location. Weights, treadmills, pools and other amenities are included. We also offer fitness classes for all abilities led by our certified instructors at gyms and other locations. The gyms are yours. The amenities are yours. The classes are yours. Now go get ‘em!

**JOIN US for FREE YOGA Classes!**

Tuesday, August 14, 2018 – 6:00 AM in Grand Salon J (2nd floor)
Wednesday, August 15, 2018 – 6:30 AM in Meeting Room 8 (3rd floor)

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**Get vaccinated today**

Flu, shingles and pneumonia have serious consequences, but getting vaccinated can help keep you healthy. Most immunizations are available without a prescription.

Talk to your pharmacist today.
Leadership Skills for Today’s Demanding Workplace  
8:30 AM – 12:30 PM  
Florida Salons I-III

Today’s workplace requires leadership skills that are different from the past. With constant attacks on our attention, rapid requests for solutions to more complex decisions and five generations working side by side in the workforce, leaders need to be aware of new ways to respond to today’s workplace. Topic areas covered will be: leadership brand and styles; dynamics in the workplace; conflict management; motivating and rewarding staff; and providing performance feedback.

PRESENTER: Mindy Price, Chief PACE Setter, Direct Effect Solutions, Inc., Pickerington, OH

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CARE MANAGEMENT

- How to Innovate Care Planning for Success  
  (See Page 8)
- LGBT – Caregiving: What’s The Difference  
  (See Page 11)
- Florida Pioneer Network Best Practices Showcase  
  (See Page 11)
- Caseworkers Are Key to a Doctor’s Success!  
  (See Page 15)
- Anyone Can Have a Crisis; Welcome to Our Solution!  
  (See Page 18)
- The Aging Mastery Program: Sustainability and Next Steps  
  (See Page 23)
- Food Safety for Seniors  
  (See Page 25)

MEMORY DISORDERS

- Designing Effective Environments for Persons with Alzheimer’s  
  (See Page 8)
- An Early Memory Loss Solution for Your Community  
  (See Page 7)
- Songbird – A Music Partnership  
  (See Page 14)
- The Science and Current Research of Alzheimer’s Disease  
  (See Page 21)
- And They Will Come! Benefits of Fitness & Activity for Adult Day Care  
  (See Page 25)

POLICY

- Effectively Communicating with Your Legislators  
  (See Page 9)
- America’s Health Rankings  
  (See Page 12)
- Inside Washington  
  (See Page 15)
- FSU Claude Pepper’s Aging Center’s Projects’ Review  
  (See Page 19)
- Re-framing Aging Through Joint Advocacy Toward Bold Policy Solutions  
  (See Page 22)
- What Happened? The 2018 Florida Legislature in Perspective  
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- Special Needs and Aging  
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- How to Create Attractive Programs for Today’s Older Adults  
  (See Page 7)
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  (See Page 14)
- Braving Senior Bullies. The Importance of a Code of Conduct  
  (See Page 21)
- New Facility? New Innovations  
  (See Page 21)
- Partnerships Expand Program Possibilities  
  (See Page 22)
- Senior Programming that is FUN and FUNctional  
  (See Page 7)
Monday, August 13

8:30 AM – 12:30 PM
Pre-Conference Intensive
Leadership Skills for Today’s Demanding Workplace
Florida Salons I-III
(Separate fee applies to attend. Intensives are not included with general conference registration. See page 6 for more information. Visit the Conference Registration Desk to register on site.)

Professional Headshots
Professional Headshots August 13th - 14th — The Florida Association of Aging Services Providers (FASP) in partnership with Therap Services will be providing an opportunity for attendees to have professional headshots taken at no charge! On-site registration is available.
Hours:
Monday, August 13th – 11:00 AM – 7:00 PM
Tuesday, August 14th – 7:30 AM – 5:00 PM

Conference Opening Plenary Session
FCOA welcomes Dr. Whitney Bailey, Deputy Administrator for Regional Operations and Partnership Development at the Administration for Community Living (ACL), will present Assistant Secretary for Aging Lance Robertson’s vision and priorities for the ACL.
Lisa Marsh Ryerson, President, AARP Foundation and Dr. Sara Czaja, Director, Center on Aging and Behavioral Research, Weill Cornell Medicine, will speak on the topic of social isolation and older adults. They will provide an overview of the issue, talk about the impact social isolation has on health and the importance of reducing the risks of social isolation. The session will conclude with speakers sharing ideas about ‘reconnecting’ older adults to community.
Presiding: Charlie Robinson, PA, Elder Law Attorney, Special Needs Lawyers, FCOA President
Announcements: Christopher Bryce, Director, State Government Affairs Southeast, GlaxoSmithKline
Jerry Telson, Director, Pharmacy and Retail Operations, Walgreens
Jamie Huysman, PhD, VP, Provider Relations, WellMed Medical Management of Florida, Inc.
Julie Bowden, Business Development Consultant, Therap Services
Introduction of Speakers: Dr. R. Keith Wilson, Florida Market Medical Director, WellCare Health Plans
Presentation: Dr. Whitney Bailey
Keynote Address: Lisa Marsh Ryerson and Sara Czaja
Closing Remarks: Charlie Robinson

Concession lunch available for $8 - $10 (cash and credit cards accepted) starting at 11:30 AM in the Florida Ballroom IV-VI Foyer.
Concurrent Workshops

Compliance & Technology Today: HIPAA, EVV, EHR, Audit Proofing & Analytics  Grand Salon G
In this workshop, attendees will learn about the latest Health Insurance Portability and Accountability Act (HIPAA) compliance audits and findings, what EVV—Electronic Visit Verification is and its requirements. How a certified EHR—Electronic Health Record can support provider needs for documentation, billing, HIPAA compliance—audit proofing and business analytics.

PRESENTERS: Stephen Flanigan, BA, Assistant Director, Strategic Initiatives, Therap Services, Waterbury, CT; Shirley Kervin, Business Analyst, Therap Services, Tallahassee, FL; and Julie Bowden, Business Development Consultant, Therap Services, Waterbury, CT
FACILITATOR: Andrea Busada, Director, Broward County Elderly & Veteran’s Services, Oakland Park, FL

Designing Effective Environments for Persons with Alzheimer’s  Meeting Room 10
Information on how to make the home or community setting more appropriate for individuals with Alzheimer’s and other dementias will be shared and attendees will gain a better understanding of how cognitive and physical loss, due to Alzheimer’s, affects a person’s reactions to their surroundings. An assessment tool will be presented to evaluate current home and community-based environments. Modification strategies will be presented on how to reduce unwanted behaviors, increase safety and improve quality of life for persons with Alzheimer’s.

PRESENTER: Eileen Poiley, MS, Director of Education, USF Health Byrd Alzheimer’s Institute, Tampa, FL
FACILITATOR: Elaine Jensen, President, Florida Adult Day Services Association, Largo, FL

Special Needs and Aging  Meeting Room 11
The needs of aging adults with developmental disabilities have evolved. In the past, once this population exhibited signs of aging accompanied by dementia or Alzheimer’s, they were immediately transitioned into nursing homes since they were no longer benefiting from an Adult Day Training Center. However, The WOW Center has been able to develop, and gain legislators’ support to serve this population with dual diagnosis. Currently, WOW serves 30 individuals in the Silver Club. This program aims to prolong time spent in the community and delay the need for a nursing home as long as possible through specialized individual interventions provided by the music, occupational, physical, recreational and art therapists.

PRESENTERS: Natalia Wong, MSL, Executive Director, The WOW Center, Miami, FL; Lourdes Matamoros, Director of Social Services, The WOW Center, Miami, FL; and Melissa Suarez, Lead Instructor for the Silver Club, The WOW Center, Miami, FL
FACILITATOR: Carla Platter, Senior Recreation Specialist, Lake Kennedy Center, City of Cape Coral, Cape Coral, FL

How to Innovate Care Planning for Success  Meeting Room 12
The care planning process should not be thought of as a requirement to check off a list. Instead, it is a thorough care planning process. A personalized care plan can be the difference between success and failure in aging care. As more care gets shifted away from acute care settings and medical providers, aging services providers must increasingly be concerned about expectations, communication and proactive risk management, to survive and thrive. This session will teach how to implement an enhanced care planning process for greater success. The care plan plays a vital role in improving operations and building an innovative care plan into standard operating procedures. Attendees will get information and resources they can take with them for immediate implementation. This knowledge can: improve client care; reduce inefficiencies and risk; and enhance collaboration.

PRESENTER: Linda Chamberlain, Esq., Attorney/Care Manager, EasyLiving, Inc. and Special Needs Lawyers, PA, Clearwater, FL
FACILITATOR: Rosalyn Roker, PhD, School of Aging Studies, University of South Florida, Tampa, FL
**Respite Care: A Critical Imprint on Family Caregiving**  
Grand Salon I

Whether time-limited or lifelong, family caregiving is a reality that has expanded and become more complex as our population ages and hospital stays shorten. One of the most cost-effective ways of supporting family caregivers so they may continue in their roles is by providing RESPITE Care – short term, intermittent breaks that allow family caregivers temporary relief and the opportunity to rest, recharge and renew themselves before continuing their caregiving efforts. This session will discuss both the critical need and the limited availability of respite care. The need to educate families and the public about respite care, as well as the various and creative ways in which it may be provided, will be described. The session will also focus on the creation of the Florida Lifespan Respite Alliance (FLRA), a voluntary association of family caregivers, and aging and disability professionals. It is the only Florida entity advocating for lifespan respite care. FLRA understands the precarious state of the 3 million family caregivers in Florida.

**PRESENTER:** Kasey Cunningham, MS, Program Director, Florida Lifespan Respite Alliance, Tallahassee, FL

**FACILITATOR:** Lisa Bretz, MSW, Executive Director, Area Agency on Aging of North Florida, Tallahassee, FL

**A Bold Goal to Address Social Determinants and Improve Health in an Aging Population**  
Grand Salon H

Seniors face unique health challenges and barriers that exist outside of the doctor’s office. Issues with transportation, access to healthy food, loneliness and social isolation - that is why Humana set a Bold Goal. We developed a population health strategy that takes us out into the community, working alongside nonprofit organizations, government and business leaders and with physicians practices to help alleviate some of the biggest barriers to health that stand in the way of seniors achieving their best health. Being bold means taking risks, but good health is good for everyone so we know it is worth it. Join us to learn more about how we are addressing social determinants and improving health in the aging population and how you can to.

**PRESENTERS:** Paul Sapia, Local Integration Leader Jacksonville & Tampa Bold Goal Communities, Humana, Jacksonville, FL; Ashley Weber, Bold Goal Strategic Consultant, Louisville, KY; and Peter Lopez, Frontline Leader/Enrollee & Community Engagement, Florida Medicaid Programs, Miami, FL

**FACILITATOR:** Jemith Rosa, President & CEO, CARES – Community Aging & Retirement Services, Hudson, FL

**Laugh Your Way to a Better Brain**  
Meeting Room 8

It was thought that after a certain age, the only changes that took place in the brain were negative. However, it has been proven that our brain can improve through practice. Luckily, these practices are not limited by age. Our "Laugh your way to a better Brain" has been featured in AARP Bulletin, CNN Español, Univision and Telemundo. Learn hands-on a 30 minute workout that would enhance the lives of those you serve and your own wellbeing.

**PRESENTER:** Erika Ruiz, Certified Humor Professional and Cognitive Fitness Facilitator, AARP, Doral, FL

**FACILITATOR:** Ed Gines, Senior Solutions Specialist, Elder Care Services, Tallahassee, FL

**PACE – A Model of Integrated and Patient-Centered Care for Seniors**  
Meeting Room 9

Learn about one of the fastest growing models of care in America! Tremendous outcomes and client satisfaction are just a couple of the reasons why this model is growing in Florida! Come learn the 5 W's of the PACE model of care in a high energy presentation that will entertain you while you learn.

**PRESENTER:** Matt Hudson, Executive Director, Florida PACE Providers Association, Ft. Myers, FL and Joyita Garg, Vice President, FL PACE Centers, Miami Jewish Health, Miami, FL

**FACILITATOR:** Daniel Brady, PhD, Brady and Associates, LLC, Miami, FL

**Effectively Communicating With Your Legislators**  
Grand Salon J

This workshop is intended to provide information and recommendations for effectively communicating and advocating with your state legislators. Communication strategies, developing effective messaging and materials will be discussed with workshop participants. The workshop will also discuss the impact of sitting on the sidelines as well as the impact of ineffective communication.

**PRESENTER:** Robert Beck, Partner, PinPoint Results, LLC, Tallahassee, FL

**FACILITATOR:** Jemith Rosa, President & CEO, CARES – Community Aging & Retirement Services, Hudson, FL
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To speak to a Licensed Insurance Agent

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Y0011_92574-0618 CMS Accepted
### LGBT Caregiving: What’s The Difference?  
**Grand Salon G**

The story of Chris MacLellan and his partner, Richard Schiffer was chronicled in a 2015 Pulitzer Prize nominated story “In Sickness and In Health: A Couple’s Final Journey” about their journey of caregiving. The story told of the challenges that LGBT partners have in dealing with the medical and legal system, but it also told of the love and joy that Richard’s last years had on their relationship. The reality for LGBT Caregivers is there are differences that impact their health and well-being. This presentation will flush out issues LGBT Seniors and their caregivers face while informing all caregivers how to deal with the challenges they will encounter, regardless of sexual orientation, family situation or age. Some of the topics in this conversation will include: What role do you (your agency) play in supporting caregiving for LGBT caregivers and/or those they care for; What are some of the unique struggles that face LGBT caregivers; What are the ethical implications of keeping track of data on caregivers’ sexual orientation and/or gender identity and how can that information be protected; and What are some areas either in policy or in services where there is a void in support to LGBT caregivers or those they care for?

**PRESENTER:** Christopher MacLellan, MA, Founder and CEO, Whole Care Network, Inc., Oakland Park, FL

**FACILITATOR:** Tourea Robinson, MBA, Director of Development, Aging True Community Senior Services, Jacksonville, FL

### Florida Pioneer Network Best Practices Showcase  
**Meeting Room 12**

Be the first to find out which three providers won the $1,000 awards given by Florida Pioneer Network’s 2018 Best Practices Showcase. Each of the winners will describe how they solved a need or challenge by involving persons they serve as well as staff members and management in the process of choosing and implementing their best practices. You’ll hear from different types of providers about a range of best practices judged to be persuasive examples of how person-centered thinking and actions can improve lives and living conditions for older adults. The Best Practice Showcase explores alternative care models which have proven effective and can be easily duplicated. Be inspired by the creative solutions your peers came up with and feel free to take their ideas and run with them!

**PRESENTERS:** LuMarie Polivka-West, MSP, Volunteer, Florida Pioneer Network, Tallahassee, FL; Ed Gines Senior Solutions Specialist, Elder Care Services, Tallahassee, FL; Meg McAllister, Mayflower, Orlando, FL; Evelena Dowling, Lakeside Nursing and Rehab, Jacksonville, FL; and Fern Scacciaferro, John Knox Woodlands, Pompano Beach, FL

**FACILITATOR:** LuMarie Polivka-West, MSP, Volunteer, Florida Pioneer Network, Tallahassee, FL

### An Early Memory Loss Solution for Your Community  
**Meeting Room 10**

This workshop will explain what an Integrative Memory Enhancement Program is and how it meets the needs of people in the community with early memory loss. It includes information on the various healing modalities and therapeutic components that comprise the program curriculum. Information on aging, strategies to improve mental abilities, and the research and science substantiating the effectiveness of memory enhancement programs are included. Memory program facilitator skills will be discussed as well as benefits reported by participants and caregivers resulting from the program.

**PRESENTERS:** Michele Sanchez, Integrative Memory Enhancement Program Manager, Council on Aging of St. Johns County, St. Augustine, FL and Kathy Cinney, Integrative Memory Enhancement Program Marketing Manager, Council on Aging of St. Johns County, St. Augustine, FL

**FACILITATOR:** Lisa Bretz, MSW, Executive Director, Area Agency on Aging of North Florida, Tallahassee, FL

### Assistive Technology to Promote Independence for Seniors  
**Meeting Room 8**

The presentation highlights changes people face as a result of the aging process, how these changes may impact daily life and assistive technology solutions to help seniors regain their independence. Participants will have the opportunity to interact with many of the devices discussed in the presentation, learn about new technology, and discover how assistive technology can be acquired through the Florida Alliance for Assistive Services and Technology program.

**PRESENTERS:** Kelli Fontaine, MEd, Statewide Director of Development and Program Services, FAAST, Tallahassee, FL and Susan Foster, Statewide Device Loan Coordinator, FAAST, Tallahassee, FL

**FACILITATOR:** Ken Thomas, Regional Volunteer Director, AARP, Boca Raton, FL

### Foundational Concepts and Pilot Study Results of Dance for Parkinson’s  
**Meeting Room 9**

The Occupational Therapy and Dance Departments at Jacksonville University lead a Dance for Parkinson’s Disease Program for people in the community with Parkinson’s Disease. This session describes the effects on cognition and fall risk as well as qualitative data from interviews with participants.

**PRESENTERS:** Megan Bewernitz, PhD, Assistant Professor, Jacksonville University, Jacksonville, FL and Kirsten Hizer, Honors Students Researcher, Jacksonville University, Jacksonville, FL

**FACILITATOR:** Pam Wiener, PhD, Director, Guardianship Program, Alpert Jewish Family and Children’s Services, West Palm Beach, FL
America’s Health Rankings | Grand Salon J
America’s Health Rankings is a longstanding platform that builds on United Health Foundation’s work to help draw attention to the cornerstones of public health and better understand the health of various populations. As the longest running state-by-state analysis of our nation’s health, the platform provides actionable, data-driven insights that stakeholders can use to effect change either in a state or nationally and continue the dialogue of improving our nation’s health. This session will highlight the America’s Health Rankings Senior Report which provides a comprehensive analysis of the senior population on a national and state-by-state basis across 34 measures of senior health. In commissioning the report, United Health Foundation seeks to promote discussion around the health of older Americans while driving communities, governments, stakeholders and individuals to take action to improve senior health. Join the session to learn about the data available in the report; discuss how the data is collected, analyzed, and how it can be used.

PRESENTER: Rhonda Randall, DO, Chief Medical Officer, UnitedHealthcare Retiree Solutions, Orlando, FL
FACILITATOR: Darrell Drummond, President/CEO, Council on Aging of St. Lucie County, Inc., Port St. Lucie, FL

The Four Dimensions of Chronic Pain and Addiction in Aging Adults | Grand Salon H
The double whammy of alcohol and opioid addiction with chronic pain among Boomers and older adults is a stark reality that threatens life and quality of life. How the solutions may become the problem is explored in the bio-psycho-social-spiritual context of substance use disorders among Boomers and older adults. What is the role of medication-assisted treatment (MAT) within a holistic behavioral treatment program? The elements of generational treatment underscore the need to engage the individual in their own recovery while addressing co-occurring disorders and pain management. The session presents a new paradigm in which a patient’s relationship with pain can help determine a better quality of life.

PRESENTER: John Dyben, DHSc, Clinical Fellow, Origins Behavioral Healthcare, West Palm Beach, FL
FACILITATOR: Larry Dixon, AARP Florida, Orange Park, FL

I’ll Think About it Tomorrow: Facing Avoidance of End of Life Conversations | Grand Salon I
As individuals move into the later stages of life, many challenges arise including loss of independence; health and safety issues; and planning for end of life needs. Often, addressing these issues are delayed due their sensitive nature, resulting in lack of preparedness if a crisis occurs. This workshop will focus on key techniques for having these difficult conversations in a productive and solution focused manner.

PRESENTER: Rachel Rogers, MSW, Director of Staff Education and Patient Care Volunteers, Gulfside Hospice and Pasco Palliative Care, Land O Lakes, FL
FACILITATOR: Debbie Kleinberg, Executive Director, North Miami Foundation for Senior Citizens Services, Inc., North Miami, FL

How to Create Attractive Programs for Today’s Older Adults | Meeting Room 11
Nationwide there has been a steady decline in the number of seniors attending senior centers and senior nutrition sites. As a result of this decline, several studies have been conducted to ensure programs and services appropriately address the needs of today’s older adults. According to the National Council on Aging, today’s older adults come to their local senior center to participate in thought provoking programming; engage in opportunities that share their skills and talents; be empowered to take action, exercise, and find resources; and enrich their connection to others, finding fun and friendships that enhance their lives. Learn how Hillsborough County is revamping the way in which it meets the needs of today’s senior.

PRESENTERS: Frances Brea, RN, General Manager, Hillsborough County Aging Services, Tampa, FL and Lori Radice, General Manager, Hillsborough County Aging Services, Tampa, FL
FACILITATOR: Tatiana Fortune, MSW, Senior Center Director, Golden Gate Senior Center, Naples, FL

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Florida Council on Aging • 1955 – 2018
**Opening Reception**

Grand Salons A-F and Salon Lobby

Enjoy innovative exhibits and network with friends and colleagues. Be sure to visit the Silent Auction and place your bids on some spectacular items.

Co-sponsored by: Florida Blue

**Havana Nights Networking Reception**

Florida Salons I-III

Come by and get to know your fellow attendees. Share stories, exchange ideas, and ignite new connections over light refreshments.

Sponsored by: Assisting Hands

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**Tuesday, August 14**

7:30 AM – 8:30 AM    Continental Breakfast in Exhibit Hall

Sponsored by: VITAS Healthcare

8:30 AM – 10:15 AM    General Session

Florida Ballroom IV-VI

FCOA welcomes back Bob Blancato, President of Matz, Blancato & Associates and Chair for the American Society on Aging with his presentation on what is happening in Washington, DC. He will be followed by Martie Moore, Chief Nursing Officer of Medline Industries, Inc. who will address the topics of leadership, staff engagement, communication and how they play a role in emergency preparedness and safety.

**Presiding:** Andrea Busada, Broward County Elderly and Veterans Services, FASP President

**Presentation of the Minotty Eye Foundation**

**Best Direct Service Employee of the Year Award:** Dr. Paul Minotty

**Federal Update:** Robert Blancato, President, Matz, Blancato & Associates

**Plenary Speaker:** Martie Moore, Chief Nursing Officer, Medline Industries

Sponsored by: Humana

10:15 AM – 11:00 AM    Refreshment Break

Grand Salons A-F and Salon Lobby

Co-sponsored by: RetireSafe
Concurrent Workshops

What Have Our Communities Been Doing to Advance Age-Friendly Florida and How You Can Join the Movement!  
Grand Salon H

This session will provide an update on what the 20 (and counting) Florida AARP Network of Age-Friendly communities have accomplished over the last year. Specifically, hear what policies, initiatives, and action plans are being implemented across the state. Learn more about what role statewide partners are playing, such as the Florida Department of Elder Affairs. Hear what is happening across the state with the Dementia Care Cure Initiative program and how these efforts, along with Age-Friendly efforts, are complimentary with the Livable Communities Alignment with the Florida Department of Health, Florida Consensus Center, Florida Parks and Recreation and the Florida Chapter of the American Planning Association. Learn more about how your community can take steps to become an even better place for all ages.

PRESENTERS: Laura Cantwell, Associate State Director Livable Communities, AARP, St. Petersburg, FL; Kathy Black, PhD, The Patterson Foundation Initiative Consultant, Sarasota, FL; and Catherine Anne Avery, RN LNC, Bureau Chief of Elder Rights, Florida Department of Elder Affairs, Tallahassee, FL

FACILITATOR: Dionne Polite, Manager of State Operations, AARP Florida, Doral, FL

UPSLIDE – A New Program to Address Loneliness and Social Isolation  
Meeting Room 11

Utilizing and Promoting Social Engagement for Loneliness, Isolation and Depression in the Elderly (UPSLIDE), funded by the Florida Blue Foundation, combats social isolation. Approaches include outreach visits, support groups, counseling and social integration to match clients with programs at the senior center. Join us to see how your senior center or organization might pursue this program.

PRESENTERS: Laurie Koburger, MA, Special Projects Coordinator, Tallahassee Senior Citizens Foundation, Inc., Tallahassee, FL and Melanie Lachman, LCSW, UPSLIDE Coordinator, Tallahassee Senior Citizens Foundation, Inc., Tallahassee, FL

FACILITATOR: Laurie Koburger, MA, Special Projects Coordinator, Tallahassee Senior Citizens Foundation, Inc., Tallahassee, FL

Long–Term Care

We strive to improve our members’ lives by making daily routines easier.

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The Latest Science in Managing Stress

Meeting Room 8

This workshop will cover approaches to identify triggers that can cause a stress response. Participants will understand the physical and mental impact that stress causes and why, e.g., stressful thinking patterns and how to challenge those thoughts. Relaxation techniques will be demonstrated and everyone will leave this workshop with tools to combat their stress responses and feel calmer. There will be information on the latest science discovery about the vagus nerve and exercises to stimulate it thereby lowering cortisol levels naturally.

PRESENTER: Pam Huysman-Koretsky, LCSW, Delray Beach, FL
FACILITATOR: Carole L. Ware, Office on Aging, Sunshine Senior Center, City of St. Petersburg, St. Petersburg, FL

YMCA Evidenced-Based Community Health Programs for Seniors

Grand Salon I

The YMCA offers excellent programs for Seniors and those that battle Chronic Diseases. In this session, a panel will introduce and discuss the benefits of YMCA Community Integrated Health Programs that are offered at local Y’s and other community locations including: Diabetes Prevention Program, Blood Pressure Self-Monitoring Program, LIVESTRONG at the Y (for cancer survivors) Enhance Fitness (balance & arthritis) and Pedaling for Parkinson’s.

PRESENTERS: Summer Cruff, Director of Community Integrated Health Programs, YMCA of the Suncoast, Clearwater, FL; Cindy Miller, MD, FACP; Volunteer, YMCA of the Suncoast, Clearwater, FL; Kerry Marsalek, MA, City of Clearwater Aging Well Center, Clearwater, FL; and Kelly Prather, MHSE, Executive Director of Health Strategies & Member Experience, YMCA of Central Florida, Orlando, FL
FACILITATOR: Shannon Sprowls, Vice President for Healthy Living, YMCA of the Suncoast, Clearwater, FL

Inside Washington

Florida Salons I-III

A spirited, interactive discussion on the problems facing our policy makers now and in the future. Speakers will explore some different perspectives on the problems and possible solutions facing Washington and older Americans. The discussion will include the impact of the many changes to health care, the issues and solutions contained in the President’s blue print on lowering drug costs and reducing out-of-pocket costs, and what the future holds for Medicare Part D; Medicare; Medicaid and Social Security. Come join the discussion.

PRESENTERS: Robert Blancato, MPA, Executive Director, National Association of Nutrition and Aging Services Programs, Washington, DC and Thair Phillips, President/CEO, RetireSafe, Washington, DC
FACILITATOR: Marsha Lorenz, President/CEO, Seniors First, Inc., Orlando, FL

Florida Guardianships: Everything You’ve Ever Wanted To Know

Grand Salon G

Participants will engage with a panel of guardianship experts, gaining knowledge and insight about Florida Guardianship Law, legal processes, oversight, and the current environment for guardians and persons served by guardianship. Participants will learn about “silver collar crimes” in guardianships and how Clerk Inspector Generals facilitate exploiters to be arrested, charged, and prosecuted as criminals. Participants will learn about the often difficult and complex but quality service being performed by the vast majority of public, professional, and family guardians for persons court-adjudicated as incapacitated. Participants will discover alternatives to guardianship, decision making for guardians, standards of practice for professional guardians, and reform efforts.

PRESENTERS: Anthony Palmieri, JD, Deputy Inspector General and Chief Guardianship Investigator, Clerk and Comptroller for Palm Beach County, West Palm Beach, FL; Carol Berkowitz, MA, Esq., Executive Director, Florida Department of Elder Affairs, Office of Public and Professional Guardians, Tallahassee, FL; and Karen Campbell, Esq., Executive Director, North Florida Office of Public Guardian, Inc., Tallahassee, FL
FACILITATOR: Kerry “Gale” Goodman, Program Administrator, Adult Protective Services, Department of Children and Families Northwest Region, Circuits 2 and 14, Quincy, FL

Caseworkers Are Key to a Doctor’s Success!

Meeting Room 12

Today’s caseworkers are the first responders for physicians treating seniors. This workshop will outline how today’s technology connects the doctor’s office to community service providers and family caregivers all operating from a centralized care plan to proactively close gaps in care with early identification.

PRESENTERS: Monica Stynchula, MSW, MPH, CEO, REUNIONCare, Inc., St. Petersburg, FL and Ozzie Ahmed, MD, DrPH, FAFP, Medical Director, WellMed, Tampa, FL
FACILITATOR: Jamie Huysman, PhD, Vice President of Provider Relations, WellMed, Davie, FL

Hospital Readmission Rates

Meeting Room 9

Healthy Home is a creative community based program which utilizes volunteers and community partners to decrease the readmission rate of the elderly within 35 days of a hospital admission. Mobilizing an 8 step non-clinical home care approach, this innovative partnership has reduced readmissions rates for over 600 patients to less than 3.7% and greatly reduced falls in the homes.

PRESENTER: Jennifer Wood, MSW, Executive Director, Volunteer & Senior Services, Munroe Auxiliary, Inc., Ocala, FL
FACILITATOR: Horacio Soberon-Ferrer, PhD, Director of Medical Economics, Independent Living Systems, LLC, Miami, FL
FPL/FCOA Quality Senior Living Awards Luncheon

Join the Florida Council on Aging as we recognize the winners of the Florida Power & Light QSLA recipients.

Guest speaker for this session will be Donovin Darius. Mr. Darius is a motivational speaker, NFL Transitions life coach, Sports Emmy Award Winner, and author. After a successful 10-year career as an NFL player, he is globally renowned for delivering hundreds of inspiring and motivational messages that connect with audiences in all industries. Mr. Darius will talk about his experience as a caregiver for his mother.

“Caregiving is one of the greatest gifts you can give a person,” he says. “You’re foregoing your purpose, your passion and your ideals and allowing your life to be used for safety and betterment of another individual. Caregivers get the opportunity to love people.”

Presiding: Christine Cauffield, PhD, FCOA President-Elect
Presentation of the 2018 FCOA Advocacy Award: Christine Cauffield
Acceptance of the Advocacy Award: Representative Byron Donalds
Presentation of the 2018 Quality Senior Living Awards: Dave Lynn, Special Consumer Services Manager, FPL
Luncheon Speaker: Donovin Darius

Book signing with Donovin Darius at the conclusion of the session!

Dr. Carter Osterbind Outstanding FCOA Member Award
Charlotte McHenry, Senior Connection Center, Tampa
Nominated by: Lauren Cury, Senior Connection Center, Tampa

Charlotte McHenry has devoted her career to advocating for the rights of the elderly. Many people pass judgement on older adults by their current circumstances, which may include coping with poor health, poverty, isolation, hunger and loneliness. Many elder adults have become invisible to most of society and refrain from asking for help only to suffer in silence. Ms. McHenry’s work impacts these individuals who have made tremendous contributions to our society, but may no longer have a voice. McHenry is innovative and devoted to finding ways of addressing immediate needs, as well as advocating and planning for older adults’ future. McHenry provides important ongoing advocacy to educate legislators about the needs of older and disabled adults, and the impact their vote can have on program funding. McHenry serves on the Elder Hunger Sub-Committee of the Tampa Bay Bold Goal Initiative and has a history of working on other community projects that address the needs of the elderly and people with disabilities. Her work does not end with her service to agency clients and the community, she is a strong and devoted leader to the staff of Senior Connection Center. When McHenry became President & CEO in 2014, she asked for the input of staff to identify the organization’s Core Values, which was collectively decided would be Respect, Compassion, Teamwork, Excellence and Work/Life Balance. Not only has she worked diligently to support emerging leaders within our organization with training opportunities and experience, but she also encourages the professional growth of those who may choose to advance their careers outside our organization. Charlotte McHenry has earned not only the 2018 Tampa Bay Times Top Leader for Small Businesses Award, but also the respect and admiration of the people she works with every day.

Public Service Award
Mary Bartoshuk, LaBelle
Nominated by: Marianne Lorini, Area Agency on Aging for Southwest Florida, North Fort Myers

Mary Bartoshuk has volunteered as a member of the Area Agency on Aging for Southwest Florida (AAASWFL) advisory council for the past eight years. During meetings and through frequent emails, Bartoshuk provides updates on news, regarding services, programs, events, and opportunities throughout Glades and Hendry counties. At AAASWFL, she has trained as a counselor with the Serving Health Insurance Needs of Elders, a program that provides unbiased advice to Medicare beneficiaries. She’s also utilized her boundless energy to volunteer with AAASWFL’s wellness program since 2013, leading workshops to help seniors become more healthful. Bartoshuk is also a volunteer for Hope HealthCare, in
their Hospice, Parkinson’s, and Aging programs. Hendry County, where Bartoshuk lives and performs much of her volunteer work, is a rural community. Even in an area with limited resources, Bartoshuk finds a way to reach nearly everyone with visits with home-bound seniors, providing rides to senior centers and support groups, and volunteers at Hope HealthCare’s meal sites. Bartoshuk serves on the local Transportation Disadvantaged Coordinating Board, focusing on the unique transportation needs of elders, people with disabilities, and economically challenged individuals in the region. She volunteers with the Hendry County Emergency Operations Center and is Community Emergency Response Team certified. Bartoshuk assists the United Way of Lee, Hendry, Glades and Okeechobee by serving on the Healthy Families Council and the Healthier Task Force, where she advocates on behalf of seniors. Bartoshuk greets everyone with her warm and thoughtful smile and is admired; loved by all generations; and connects to everyone’s hearts and souls as soon as she meets them. It is because of her tireless efforts to serve seniors and the community that we are honored to nominate Mary Bartoshuk for the Quality Senior Living Public Service Award.

Service to Seniors by an Organization Award
Glades County Public Schools, Moore Haven
Nominated by: Matt Hudson, Hope Healthcare, Fort Myers

Hope Connections, a division of Hope Healthcare in southwest Florida, serves as the lead agency for Hendry and Glades Counties. In that capacity, we get the opportunity to administer the USDA Commodity Supplemental Food program. This program provides 35 pounds of non-perishable food each month to low income seniors. Hope Healthcare receives no funding to run this program and relies on volunteers. Glades County has a population of approximately 12,000 and does not have a grocery store, drug store or hospital so low income seniors are at risk. Given that the population is spread out over a large land mass, finding a concentration of volunteers to assist with a manual labor distribution was challenging. Hope Connections reached out to Superintendent Scott Bass, with the Glades County Public Schools, to see if we might be able to forge a partnership with the school district. Hope Connections would get the volunteers they needed to run a program to feed low income seniors and the students could earn community service hours by volunteering with a non-profit. The seniors would see how the youth in their community were growing into fine citizens and the youth would have an opportunity to interact with elders and build respect. The only glitch to this otherwise great plan was that the food distribution occurred during school hours and could not be changed due to the food banks distance from the location. Scott Bass and the school district made it happen and on distribution day, students are released to come to the distribution center and then return back to school. This has yielded a great relationship that has benefited all parties but especially the seniors who get nutritious food and a wonderful social interaction in their community. Were it not for Glades County schools and specifically Scott Bass and Moore Haven High School, we would not have been able to run this program.

Senior Vision Media Award
Life Enrichment Center, Tampa
Nominated by: Maureen Murphy, Life Enrichment Center

The Life Enrichment Center is a private, non-profit organization whose mission is for students to fulfill their lifelong creative potential through the ageless engagement of the arts. Now in our 37th year, we focus on redefining and reshaping retirement and the experience of aging through our dynamic, professionally driven cultural arts program which has received national and international recognition. The Life Enrichment Center embodies the idea that the primary components of successful aging combine the best aspects of social support and productive activity. We choose to view aging as a dynamic and creative opportunity: the chance to enhance the quality of life for all ages. Life Enrichment Centers' scholarship program helps with material and class costs. Through their Outreach program, student art exhibitions and art classes are offered to low income and disabled seniors. The Artfully Aging Project serves as the incubator for the critical thinking, art making, and creativity needed for a positive approach to aging. The art exhibitions, video, and book is the vehicle to engage people of all ages with art. We look forward to presenting the completed video and book to the public through a variety of channels, including aging and health agency meetings, senior centers, and university classrooms. Our goals for this project are: promote positive images, perceptions, and messages about aging with people of all ages; promote lifelong learning through engagement in the arts for our active adult community; provide quality arts programming led by professionally trained, accomplished teachers and artists; and to create a supportive, fun environment where our students can be creative, learn something new, and share their life experiences with others.
Overcoming Social Isolation in Affordable Housing
Meeting Room 10

Social isolation and loneliness are thought to affect over 30% of older adults in general, and a considerably higher percentage of seniors in affordable housing. Having fewer and poorer-quality social relationships is associated with a 50% greater risk of both dementia and mortality and a dramatically reduced quality of life. Peer support groups have been found effective in some settings at reducing social isolation and loneliness among older adults, but they have seldom been introduced to senior housing settings. A structured peer support group called the Java Music Club was the subject of a recent pilot among 10 affordable housing sites. This program uses a unique combination of themes, photography, music and a traditional talking stick. Using video and interactive learning, attendees learn how this approach has the potential to overcome social isolation and loneliness.

PRESENTERS: Kristine Theurer, MA, Founder and President, Java Group Programs, Inc., Pompano Beach, FL; Steven Protulis, President & CEO, Elderly Housing Development and Operations Corporation, Fort Lauderdale, FL and Shirley Pendergraft, Director of Quality Assurance, Elderly Housing Development and Operations Corporation, Fort Lauderdale, FL

FACILITATOR: Ken Thomas, Regional Volunteer Director, AARP, Boca Raton, FL

Welcome to Our Solution!
Meeting Room 12

Your Aging & Disability Resource Center has partnered with the WellMed Charitable Foundation to provide short-term crisis intervention and resolution for seniors facing challenges. The goal is to offer short-term case management and problem solving solutions to seniors in crisis to avoid escalation and allowing the senior to remain safely at home. This program has prevented homelessness, seniors living in unsafe living conditions and has resolved critical care transition obstacles. We believe this is a best practice and the goal is to replicate this solution-focused program throughout Florida.

PRESENTERS: Kim Clawson, MA, Director, Helpline, Area Agency on Aging of Palm Beach/Treasure Coast, Inc., West Palm Beach, FL; Jaime Estremera-Fitzgerald, CEO, Area Agency on Aging of Palm Beach/Treasure Coast, Inc., West Palm Beach, FL; Jamie Huysman, PhD, Vice President of Provider Relations, WellMed, Davie, FL; Katie Parkinson, Chief Operating Officer, Senior Connection Center, Tampa, FL and Ann Marie Winter, Executive Director, Area Agency on Aging of Pasco-Pinellas, St. Petersburg, FL

FACILITATOR: Kim Clawson, Director, Helpline, Area Agency on Aging of Palm Beach/Treasure Coast, Inc., West Palm Beach, FL

Health, Medicare, and Poverty in Old Age
Meeting Room 8

The session will discuss the reciprocal relationship between older adults’ health and poverty, and the role of policy in these outcomes. Further, the session will focus on the common misconceptions about healthcare coverage in older age among both helping professionals and the general public that can lead to unexpected healthcare costs and untreated medical problems, and push seniors into poverty. To address this public health and social justice issue, education for older adults, their caregivers and gerontology professionals on Medicare costs and rules and regulations is essential. However, access to education may be limited for those with lower incomes and language barriers.

PRESENTERS: Natalia Shtompel, PhD, MSW, Assistant Professor, Barry University School of Social Work, Miami Shores, FL and Kathryn Fant, MSW Student, Barry University, Miami Shores, FL

FACILITATOR: Pam Wiener, PhD, Director, Guardianship Program, Alpert Jewish Family and Children’s Services, West Palm Beach, FL
FSU Claude Pepper’s Aging Center’s Projects’ Review

The FSU Claude Pepper Center on Aging has published and promoted projects on mental health and corrections; Medicaid managed long term care systems in Florida and comparisons with other states; critiques of the neoliberal policies governing aging services and funding; analysis of voting trends by demographics; the uncertainty of quality of long-term care and other key areas of focus. Issue briefs, videos and discussion will highlight the Center’s important work.

PRESENTERS: Larry Polivka, PhD, Executive Director, Florida State University, Claude Pepper Center, Tallahassee, FL and LuMarie Polivka-West, MSP, Senior Research Associate Volunteer, Florida State University, Claude Pepper Center, Tallahassee, FL

FACILITATOR: LuMarie Polivka-West, MSP, Volunteer, Florida Pioneer Network, Tallahassee, FL

Navigating the Medicaid Maze: An Introduction to Benefits

Many different Medicaid programs are available to help seniors and disabled individuals pay for medical expenses, medications and long term care. This presentation will explore the various benefits programs available, who can use them, when they are needed, and how to obtain benefits, even when over the income and asset limits.

PRESENTERS: Nick Barton, Executive Director, AGED, Inc., Longwood, FL and Sharon Reich, Senior Trust Advisor, AGED, Inc., Longwood, FL

FACILITATOR: Christine Cauffield, PhD, CEO, LSF Health Systems, Jacksonville, FL

Supporting Florida’s Family Caregivers Network

AARP Florida congratulates the Florida Council on Aging and the Florida Aging Service Network on their commitment to Florida’s 2.67 million family caregivers.

For resources, tips and tools for family caregivers go to www.aarp.org/caregiving

I would do anything for my mom, but I could use a little help.
Florida Power & Light Company is proud to support the Florida Council on Aging, an organization that protects and serves the needs of elders in our state.
The Challenge of Retirement: How to Ensure You Don’t Outlive Your Money  Grand Salon I
Outliving our retirement resources is a serious risk for many Americans. This educational workshop explores how expensive retirement really is, and what resources most Americans will be able to count on. Finally, we’ll identify how much money retirees will need to generate from other resources to protect their lifestyle at retirement. This is not a sales presentation.

PRESENTERS: Hal Schwartz, CIO, Founding Member, Managing Member, DMG Financial, Littleton, CO and Jorge Perez, Owner, Soper Perez & Associates, Winter Springs, FL
FACILITATOR: Michelle Cyr, Associate State Director for Community Outreach in Tampa Bay, AARP Florida, St. Petersburg, FL

Attracting and Retaining a High Performing Workforce  Meeting Room 9
Today’s workplace challenges are causing leaders to focus differently on attracting and retaining talent. Complex decision making, unprecedented demands on our attention and five generations working side-by-side have created a workplace that requires different leadership than the past. Learn about techniques to implement today that will help attract and retain high performers to your workplace.

PRESENTER: Mindy Price, Consultant, Direct Effect Solutions, Pickerington, OH
FACILITATOR: Erin McLeod, President & CEO, The Friendship Centers, Sarasota, FL

New Facility? New Innovations  Meeting Room 11
Outgrown your space? Looking for a new facility? Come and evaluate what senior centers of today and tomorrow need to remain functional buildings and to serve our diverse participants’ needs and interests. Share your vision for future spaces and design concepts; weigh in on what you would do differently; and what is on your facility wish list.

PRESENTERS: Sheila Salyer, Senior Services Manager, Tallahassee Senior Center, Tallahassee, FL and Rachel Cataldo, Supervisor, Gulfport Senior Center, Gulfport, FL
FACILITATOR: Sheila Salyer, Senior Services Manager, Tallahassee Senior Center, Tallahassee, FL

Braving Senior Bullies. The Importance of a Code of Conduct  Grand Salon G
Group sharing on the mental health of clients. Reasons for senior bullying. Creating an atmosphere to avoid bullying. Developing and re-developing a Code of Conduct to protect senior center participants and staff.

PRESENTER: Karin Diaz, Executive Director, Northwest Focal Point Senior Center, Margate, FL
FACILITATOR: Angela Vasquez, Assistant Director, Southwest Social Services Programs, Miami, FL

2:30 PM – 3:30 PM  Exhibit Hall Closing Reception  Grand Salons A-F & Salon Lobby
FCOA would like to take this opportunity to thank all of the Exhibitors for attending the 2018 Florida Conference on Aging. Don’t forget to stop by the silent auction and place your final bids!

3:30 PM – 4:30 PM  Concurrent Workshops

The Science and Current Research of Alzheimer’s Disease  Meeting Room 10
Scientists are now taking a multifaceted approach to Alzheimer’s Disease. Diagnosis of the disease is now getting more refined thanks to technology and genetics. This achievement is improving the clinical trials for developing a drug that may significantly alter this illness, and perhaps move faster towards a cure. Various avenues are being explored at all stages, including pre-clinical, of the illness.

PRESENTER: Catherine Cruikshank, PhD, Director of Education, Alzheimer’s Association, Bonita Springs, FL
FACILITATOR: Josh Newby, Marketing Communications Director, Council on Aging of West Florida, Pensacola, FL

Delicious Nutrition: The Power of Sensory Analysis  Grand Salon I
Providing healthy and tasty meals for seniors can be challenging. Seniors risk malnutrition, which can lead to increased hospital readmissions and longer stays. Attendees will learn the secrets to creating meals that will appeal to today’s older adults, including how to use flavors to accommodate palates that change with age.

PRESENTERS: Michael Thrash, Corporate Executive Chef, GA Foods, St. Petersburg, FL and David Karpan, VP Strategic Accounts, GA Foods, St. Petersburg, FL
FACILITATOR: David Karpan, VP Strategic Accounts, GA Foods, St. Petersburg, FL
Re-framing Aging Through Joint Advocacy  Toward Bold Policy Solutions  Florida Salons I-III

Residents of Miami-Dade County are aging and the community cannot meet current and future needs of older adults. With more than 500,000 people age 60 plus, Miami-Dade is home to the largest number of older adults in Florida, and this is projected to increase 30% by 2025. The Older Adult Advocacy Taskforce, convened by United Way of Miami-Dade, is working collaboratively to identify bold policy solutions. The Taskforce has been encouraged by the success of several local trusts approved by Miami-Dade voters in recent years as well as the results of Opinion Leader Research in 2016. Creating a local ballot item for a senior trust will first require approval by Florida legislators. A time-limited window of opportunity has been created as a critical mass of Florida legislative offices will soon be open for elections – and opportunities to reach and inform elected leaders peak prior to elections. With Taskforce partners, United Way is implementing the Project to Prepare Advocacy Partners (PPAC), funded by the national Retirement Research Foundation and involving a poll of Miami-Dade voters, development of a joint advocacy plan, and preparation of advocacy partners. This session will share learnings and results from Phase I of the PPAC effort.

PRESENTER: Linda Schotthoefer, Senior Director of Community Initiatives, United Way of Miami-Dade, Miami, FL
FACILITATOR: Daniel Brady, PhD, Brady and Associates, LLC, Miami, FL

Partnerships Expand Program Possibilities  Meeting Room 11

A panel of senior center professionals explore the importance of utilizing partnerships for senior center programs. Partnerships help to expand the programming capacity of many centers across Florida. This workshop will present a brief overview on how to approach and include partners to provide successful programs. The panelists will each share the details on a specific program offered at their center that has been possible only because of a community partnership. The programs discussed will include both one-time special events as well as activities that are provided on a weekly or monthly basis.

PRESENTER: Pat O’Connell, Program Director, St. Johns County Council on Aging, St. Augustine, FL
FACILITATOR: Sheila Salyer, Senior Services Manager, Tallahassee Senior Center, Tallahassee, FL

Mandated Elder Abuse Reporting and Community Awareness Projects  Grand Salon H

When and how do you report suspected Elder Abuse? What can my company/community do to educate ourselves about this issue? What repercussions could occur from making a report to the Hotline?

PRESENTER: Theresa Cubillas Russell, MA, Sr. Human Services Program Specialist, DCF/Adult Protective Services, Palm Bay, FL
FACILITATOR: Jessica Ayers MS, BSW, The Retreat Director, Council on Aging of West Florida, Inc., Pensacola, FL

Cannabis 101  Meeting Room 8

Surterra is hosting an introductory workshop where you can get all your questions answered! This session is for health professionals or adults who want to learn more about the therapeutic qualities of cannabis. Participants will learn about the different components of cannabis and how they may be applied for managing various medical conditions, pain management, different delivery methods and how patients can obtain products. Information regarding the current law will also be discussed.

PRESENTERS: Zachary Fleming, Education and Training Manager, Surterra Wellness, Tampa, FL and Stephanie Maruca, Director of Retail Operations, Surterra Wellness, Jacksonville, FL

Banana Break

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Tampa General Hospital
Empowering Better Senior Care Through Artificial Intelligence  
Grand Salon G

Artificial intelligence (AI) is providing exciting new benefits at empowering better senior care for caregivers. Advances in Deep Learning are making impossible ideas in diverse industries become reality. Recent deep learning advances in non-technology industries include powering self-driving cars, predicting diseases and identifying the best job candidates for HR teams. This session will take a deep dive into what AI, Deep Learning and Machine Learning is. The presenter will discuss the relationship between the activities of daily living and how these activities can serve as powerful future predictors of potential events and conditions a resident may be about to experience. This session will present case studies documenting the advanced notification of actionable insights from AI and how these insights empower staff to better care for their residents.

PRESENTER: Gerald “Jerry” Wilmink, PhD, Chief Business Development Officer, CarePredict, Inc., Plantation, FL

FACILITATOR: Teresa K. Barton, MBA, CEO, Aging True, Jacksonville, FL

The Aging Mastery Program: Sustainability and Next Steps  
Grand Salon J

The Aging Mastery Program® (AMP) is an engagement and incentive program designed to support older adults’ actions to improve their health, finances, and well-being. AMP’s innovative approach guides individuals to create sustained changes in daily habits and behaviors. The advantage of changing habits is that once behaviors become automatic, participants no longer have to use energy or willpower to maintain positive decisions. AMP covers a range of behaviors that include nutrition and fitness, but also extend to sleep patterns, relationships, economic health, civic engagement, advance care planning, and other topics vital for aging well. This session will share an overview of the program and next steps for this innovative intervention from both the national and local perspectives.

PRESENTER: Jim Firman, EdD, President and CEO, National Council on Aging, Arlington, VA

FACILITATOR: Karen Deigl, CEO, Senior Resource Association, Vero Beach, FL

4:45 PM – 5:45 PM  
Advocacy Roundtable  
Florida Salons I-III

You’re Invited! Come One, Come ALL! Help design FCOA’s Advocacy Initiative for the 2019 Legislative Session. FCOA’s 2019 Advocacy begins now, with the 2018 elections this Fall. We’ll share strategies for successfully educating candidates about the need for home and community services for elders who need assistance to remain independent in their homes. We want your advice and experiences. A novice to Advocacy? You’ll learn so much in this hour!

Sponsored by:

4:45 PM – 6:30 PM  
Florida Association of Senior Centers Networking Meeting  
Meeting Room 11

Wednesday, August 15

8:00 AM – 8:30 AM  
Refreshment Break  
Co-sponsored by:

Banana Break  

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Concurrent Workshops

What happened? The 2018 Florida Legislature in perspective. Grand Salon J
Join AARP Florida to learn about the deals reached and measures that fell short during the 2018 Legislative Session, with a special briefing on hurricane preparation and recovery. This workshop will provide a background on key legislative, budgetary and public policy issues including health care, long term care, utilities and consumer protections that are of interest to Floridians 50+.

**PRESENTERS:** Zayne Smith, Associate State Director, AARP Florida, St. Petersburg, FL and Dorene Barker, Associate State Director, AARP Florida, Tallahassee, FL

**FACILITATOR:** Ken Thomas, Regional Volunteer Director, AARP, Boca Raton, FL

Senior Programming that is FUN and FUNCTIONAL Meeting Room 11
This workshop explores a holistic approach to programming that soars beyond your basic bingo.

**PRESENTER:** Jeremy Street, Recreation Supervisor, City of Pensacola Parks and Recreation, Pensacola, FL

**FACILITATOR:** Gregory E. Collins, Program Coordinator, Senior Services Division, Pasco County, Port Richey, FL

Opioid Epidemic: Seniors and Community Impact Grand Salon G
Drug overdoses are the leading cause of death for Americans under 50, and deaths are rising faster than ever, because of opioids. Over 2 million Americans are estimated to have an opioid addition. Fentanyl, a highly potent opioid, affects both heroin users and pill users. This workshop will address the origin of the current opioid epidemic, provide overdose statistics and review current best-practice treatment models. Community impact will be discussed.

**PRESENTER:** Christine Cauffield, PhD, CEO, LSF Health Systems, Jacksonville, FL

**FACILITATOR:** Karen Barbee, Community Services Director, Council on Aging of West Florida, Inc., Pensacola, FL

Why All The Talk About Caregiving?! Grand Salon H
This presentation will provide a national perspective on caregiving in the United States (Who are they? What do they look like?), discuss some of the challenges of the caregiver as well as provide ways to support caregivers in the community. National studies that tell the story of caregivers becoming “the next public health crisis” will be reviewed, and updates on legislation that has been proposed to help caregivers will be presented.

**PRESENTER:** Toula Wootan, Director of Community Programs, Community Hospice, Jacksonville, FL

**FACILITATOR:** Nancy Green-Irwin, VP of Contract Services, Friendship Centers, Ft. Myers, FL

Florida Policy Exchange Center on Aging Research Updates Grand Salon I
This panel presentation will highlight work that has been done by researchers from the Florida Policy Exchange Center on Aging at the University of South Florida related to palliative care education in assisted living; an online caregiver support training program developed for WellCare beneficiaries; findings from a study conducted about older adults with serious mental illness and factors that contribute to the engagement of outpatient mental health service use in the Tampa Bay area; and a presentation about the evacuation experiences of residents in nursing homes and assisted living settings in Florida during Hurricane Irma.

**PRESENTERS:** Debra Dobbs, PhD, Associate Professor, University of South Florida, Tampa, FL; Kathryn Hyer, PhD, Professor, Director, Florida Policy Exchange Center on Aging, School of Aging Studies, University of South Florida, Tampa, FL; Rosalyn Roker, PhD, School of Aging Studies, University of South Florida, Tampa, FL; and Hongdao Meng, PhD, Associate Professor, School of Aging Studies, University of South Florida, Tampa, FL

**FACILITATOR:** Kathryn Hyer, PhD, Professor, Director, Florida Policy Exchange Center on Aging, School of Aging Studies, University of South Florida, Tampa, FL

How to Successfully Serve a Diverse Population Meeting Room 9
Our nation is becoming increasingly culturally and ethnically diverse. As the face of our nation changes, aging services organizations must keep in step with these shifting demographics. Providers, like Hillsborough County Aging Services, have already experienced a tremendous shift in cultural and ethnic diversity among the older adults they serve daily. In this session, we will explore how Hillsborough County is successfully meeting the diverse needs of older adults.

**PRESENTER:** MaryJo McKay, MBA, Manager, Hillsborough County Aging Services, Tampa, FL

**FACILITATOR:** Tatiana Fortune, MSW, Senior Center Director, Golden Gate Senior Center, Naples, FL
Food Safety for Seniors

Meeting Room 12

Each year, one in six Americans becomes sick with a foodborne illness. Seniors are at a higher risk for contracting a foodborne illness simply because their immune systems are weaker. Foodborne illness can lead to hospitalizations or even death, so it’s important for seniors to know about keeping food safe at home and how to handle food properly to prevent this. Do you know what food safety practices they should follow at home? During this presentation, learn about cross-contamination, time-temperature abuse, proper hand hygiene, safe refrigeration temperatures, and other precautions to share with seniors and help reduce their risk of a foodborne illness. Also learn how to help keep them safe by learning what to look for in their kitchen, which foods are considered high risk for seniors, and more.

PRESENTER: Shari Bresin, Family and Consumer Sciences Agent, University of Florida/IFAS Extension, Dade City, FL

FACILITATOR: Mary Kittleson, CCE Section Manager, Elderly and Veterans Services Division, Oakland Park, FL

And They Will Come! Benefits of Fitness & Activity for Adult Day Care

Meeting Room 10

Keeping adult day care clients active and engaged can be a challenge. We have had great success involving clients using our garden fitness track constructed of walkers as bases and various objects collected from thrift shops and donated by gyms that promote movement for various muscle groups. It is an activity not intended to be a therapeutic, rehabilitative exercise but rather designed to generate engagement in a fun way.

PRESENTER: Janet Steiner, Director of Education, Brevard Alzheimer’s Foundation, Melbourne, FL

FACILITATOR: Carla Platter, Senior Recreation Specialist, Lake Kennedy Center, City of Cape Coral, Cape Coral, FL

Break & Check-Out of Rooms

9:30 AM – 10:00 AM

Store your bags after check-out at the bell stand or bring them to the Closing Session where we will have a bag storage area.

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Leveraging the Advantages of an Aging Society – Bank of America estimates that the global longevity economy to be $15 trillion which is comprised of many industry sectors ranging from technology to healthcare. Additionally by 2050, the worldwide number of people 50 years of age and older is projected to double, and people aged 65 years and older will outnumber children 15 years and younger for the first time in human history. With the reality of an aging society now upon us, actions are needed to find and create new ways of enhancing and expanding the Longevity Economy. Older people want to keep contributing to the world, and the assumptions of the past are no longer valid. Decidedly, we need to learn how a world with large numbers of older citizens can best function. This session will feature industry experts who will explore the facets of a longevity economy and the resulting opportunities and challenges facing individuals, families and our communities. Topics will include: financial wellness, caregiving, workplace benefits, women and emerging business opportunities.

Presiding: Charlie Robinson, President, FCOA
Presentation of FASC Award: Sally Marvin, President, Florida Association of Senior Centers
FCOA Business Meeting: Charlie Robinson
AARP Trailblazer Award Presentation:
   Donna Ginn, State President, AARP Florida and Jeff Johnson, State Director, AARP
Plenary Moderator: Kai Walker, Director, Enterprise Financial Solutions, Bank of America Merrill Lynch
Plenary Speaker: Cynthia Hutchins, Director of Financial Gerontology, Bank of America Merrill Lynch
Panel Speakers: Josefina Carbonell, President, Florida Community Care
   Kathryn Hyer, PhD, MPP, School of Aging Studies, University of South Florida & Director, Florida Policy Exchange Center on Aging
   Jeff Johnson, State Director, AARP

Closing Session Co-sponsored by:

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August 19 – 21, 2019

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